



iLIFE ACTIVITIES

2020-2021



BY MEMBERS, FOR MEMBERS
SIGN UP AT WWW.SPRINGRUN.COM



SPRING RUN'S iLIFE PROGRAM

In a nutshell, iLife is a presentation series and social club created by Spring Run members for Spring Run members. Member volunteers, along with guest presenters from other clubs and area organizations, give presentations, facilitate clinics, and lead discussion groups all at no cost to participants (the only time there is a fee is for certain art or culinary classes and that is clearly stated in the activity description).

iLife has come a long way from its humble beginnings as a free program offering just tennis lessons to now offering a diverse selection of over 100 unique activities each season. Counting recurring sessions and entire series, there are actually closer to 200 iLife activities each season that participants don't just attend to learn, but also to meet new friends and neighbors, and see familiar faces.

Once all the golf, bocce, tennis and neighborhood associations schedule their annual meetings and functions, iLife activities are given the green light to fill the gaps in the calendar. With around 2,500 registrations on average each season, iLife brings a lot of members to the clubhouse. We are happy to report that over half of those participants indicate walking, biking or carpooling to iLife activities cutting down on the perpetual parking problem at the clubhouse.

The ultimate success of iLife is thanks to the quality work of its member volunteers. They advocate for the program, serve as ambassadors, compose the advisory committee and facilitate the majority of the activities. With the support of the Board of Directors, the General Manager, and an army of member volunteers, the iLife program is able to flourish each season.

This season poses a new challenge for one of the most basic tenets of iLife - bringing people together. Headcount limits are halved at most iLife activities, and participants have to wear masks and observe social distancing. For those who are unable to gather at the clubhouse, we are providing a way to tune in virtually through Zoom meetings.

INVITATION TO PARTICIPATE

If you are interested in volunteering your services to the iLife program, whether as a presenter or in another supporting role, please reach out to the Activities Office:

Phone: 239-444-2127 | Email: activities@springrun.com

The iLife program exists thanks to the hard work of member volunteers (like you). Contact the Activities Office today!

REGISTRATION NOTES

To register for iLife activities online, log on to the Spring Run website. On the Home page, click on the Calendar link to the left. On the calendar page, find and click on your activity of interest to open the registration page. Below the activity description, click the Register button to expand the registration page. Indicate the headcount for your reservation, type the names of any additional guests in the Registration Notes box, and click the Save Registration button at the bottom of the page.

You will automatically receive a registration email when you register online for an iLife activity. If you do not receive a registration email, please contact the Activities Office.

Registrations are available two weeks prior to the start of each semester:

[Winter registration opens Monday, December 21st 2020](#)

[Spring registration opens Monday, February 15th 2021](#)

You may cancel your registration online up to 48 hours out from the event start time. Revisit the registration page of the activity and click on the Cancel Registration button at the bottom of the page.

Please honor your reservations. Members will be assessed a \$5 no cancellation fee for activities with a waitlist.

You may view who is registered for iLife activities by clicking on the View Current Registrations button at the bottom of the registration page. This is a great tool for ridesharing if any of your friends are attending the same activity. Help us do our part to alleviate the perpetual parking problem at the clubhouse.

Please note that activity dates & times are subject to change. Email announcements and reminders are sent regularly so keep an eye out for updates. A master list of changes to the schedule is kept on the Home page of the Spring Run website. In the Announcements section, click on the UPDATE - iLife Additions, Cancellations & Reschedules link.

Help us by completing a survey at each iLife activity you attend. Honest feedback is essential for us to improve what we do. These surveys are also a great opportunity to give general comments or suggest other activities you would like to see offered through the iLife program.



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- T6: Libby - Library eBooks
- T7: Photobooks



AROUND THE GLOBE

G1: America the Beautiful

January 28, 2021 · 10:00-12:00 pm

Forget apple pie and baseball: nothing says America like our glorious National Parks. Operated by the National Park Service, only an act of the US Congress can establish a National Park. Yellowstone was the first natural area to be designated a National Park in 1872 by President Ulysses S. Grant. Due to the varied landscapes of the United States, these parks are hugely diverse. Yosemite National Park for example contains sweeping forest covered valleys and rock formations such as El Capitan, whilst Arches National Park contains over 2000 sandstone arches and a stunning desert landscape. These parks are a hugely important aspect of American culture and heritage, and the nation takes immense pride in the variety and beauty of its many protected regions. Join two of our very own members who visited all of these spectacular places. Gain valuable insight into what it's like to travel to our National Parks and get a firsthand account of our purple mountain majesties above the fruited plain. In the words of the Park Service: "Park your car, set the brakes and enjoy the scenery."

Purpose: Hear firsthand accounts visiting all the National Parks

Facilitators: Joe & Sue Evans

G2: Canada & the United States

February 4, 2021 · 1:00-3:00 pm

What do Americans know about their friendly neighbors to the North? There is so much more to Canadians than ice hockey and maple syrup. What do Canadians know about their cousins to the South? Maybe it's better not to ask. To the outside world, Canadians and Americans are one and the same, but to them, their peoples are individual and distinct. Despite their shared history of British rule, their democracies employ unique methods of government. Canada is a constitutional monarchy governed by a prime minister and a parliament. In contrast, the United States is a republic governed by a president and Congress. Canadians and Americans do share a lot of things in common, but while most of their differences seem subtle, some truly do set these two countries apart.

Purpose: Learn about the distinctive differences and similarities in the governmental systems between Canada and the US

Facilitator: Paula Lockhart

G3: China - Pulling the Curtain Back

Part I: China Challenges U.S. Hegemony – In Just 40 Years!

March 22, 2021 · 1:00-3:00 pm

From a 1978 GDP per capita of only \$10 to a 2019 GDP per capita of \$10,099! - how did this happen? In Part 1, our journey will start in 1840 during the Qing Dynasty and end in 1989 at a major inflection point - the Tiananmen Square revolt. Part 2 will bring China to the present as its colossal economy will seek equal footing with the United States. Will a "Thucydides Trap" scenario evolve? Does a richer China mean a freer China? Is China now a military threat? Part I will show how the Century of Humiliation (Opium Wars, Boxer Rebellion, Taiping Rebellion, Sino-Japanese Wars, etc.) still provides a backdrop and indeed a stimulus for the Chinese Communist Party (CCP) of today. With the overthrow of the Qing Dynasty in 1912 by the forces of Sun-Yat Sen, two young revolutionaries, Mao Zedong and Chiang Kai Shek, will emerge as dominant figures in the subsequent Chinese Civil War. The bitter struggles of the Long March would come to represent a significant episode in the history of the CCP, and would seal the personal prestige of Mao Zedong and his supporters as the new leaders of the party in the following decades. However, Mao's "Great Leap Forward" would prove a disaster as millions of Chinese succumbed during the Famine. Later the "Cultural Revolution" marked Mao's return to the central position of power in China after a period of less radical leadership recovering from the failures of the "Great Leap Forward." After Chairman Mao Zedong's death in 1976, Deng Xiaoping gradually rose to power and led China through a series of far-reaching market-economy reforms, which earned him the reputation as the "Architect of Modern China." But watershed

moments like the Tiananmen Square Massacre led many to question the legitimacy of Communist Party rule in China.

Purpose: Learn about significant events in Chinese history that shaped the country we know today

Facilitator: Mike Quinlan

Part II: Is China now the world's largest economy? What are the implications?

March 29, 2021 · 1:00-3:00 pm

The 1989 Tiananmen Square Revolt was crushed by the People's Liberation Army as Deng Xiaoping reasserted the dominance of the Chinese Communist Party (CCP). Against the backdrop of a rapidly expanding economy, Deng saw fit to reject any form of democracy in the new China. This event garnered worldwide attention and exposed deep insecurity of the CCP. At the same time, China reached an inflection point at which it tried to reshape its economy from that of an exporter of low value manufactured and assembled products to one dominated by domestic consumption. This change would be coincidental with a growing emphasis on innovation and the elevation of millions into China's middle class. Is this a "Thucydides Trap" scenario? What would be the impact on the U.S. and China as trading partners? Why did the U.S. play such a significant role in China's ascension into the World Trade Organization (WTO) in 2001? Since then, China has emerged as the WTO's largest exporter and the largest trading partner of the U.S. and the Eurozone. The allegations of unlawful transfer of technology and the outright theft of intelligent property are legion. What is the truth? What are the risks of setting up facilities in mainland China? Have China and the U.S. become too interdependent? As China expands its military capabilities, should the U.S. feel threatened? Is China and the CCP realistically threatened by Taiwan, Hong Kong, Tibet, India, Xinjiang?

Purpose: Learn about China's shifting role on the world economic stage and what it means for the future

Facilitator: Mike Quinlan

G4: Dwight D. Eisenhower "Little Ike"

March 19, 2021 · 10:00-12:00 pm

Dwight David Eisenhower was an inspiring military leader, best-selling author, head of Columbia University, and President of the United States. As the top American general and later Allied Supreme Commander in the European theater, he directed Allied forces in World War II to victories in North Africa and Italy and successful D-Day invasion of France. Extraordinarily popular with both his soldiers and the American public, Eisenhower was twice elected to the presidency, where he produced 3 budget surpluses. Thought to be a lackluster and somewhat lazy President, Eisenhower is now thought of by most historians as one of the greatest Presidents in our history. During his tenure, Eisenhower created the Interstate Highway System, the St. Lawrence Seaway, and the Department of Health, Education, and Welfare (before the separate Department of Education was created in 1979).

Purpose: Learn more about Eisenhower's rise to the Presidency and his years in the White House

Facilitator: Steve Vesce (Guest Presenter - West Bay Club)

G5: General George Patton "Old Blood-and-Guts"

February 19, 2021 · 10:00-12:00 pm

Born into a proud military tradition, George S. Patton Jr. was a pioneer in tank warfare and one of the best known and most effective American generals of World War II. A brilliant battlefield commander and inspiring, audacious and controversial leader, Patton was admired by his troops for his great infallible determination. In a series of masterful campaigns, Patton led American forces in World War II to decisive victories in the deserts of North Africa, the fields of Sicily and the plains of Europe. Ironically, this great warrior fought and survived the heat of battle in two world wars, only to die in a traffic accident at the height of his fame and accomplishment.

Purpose: Learn more about this iconic figure of the 20th century

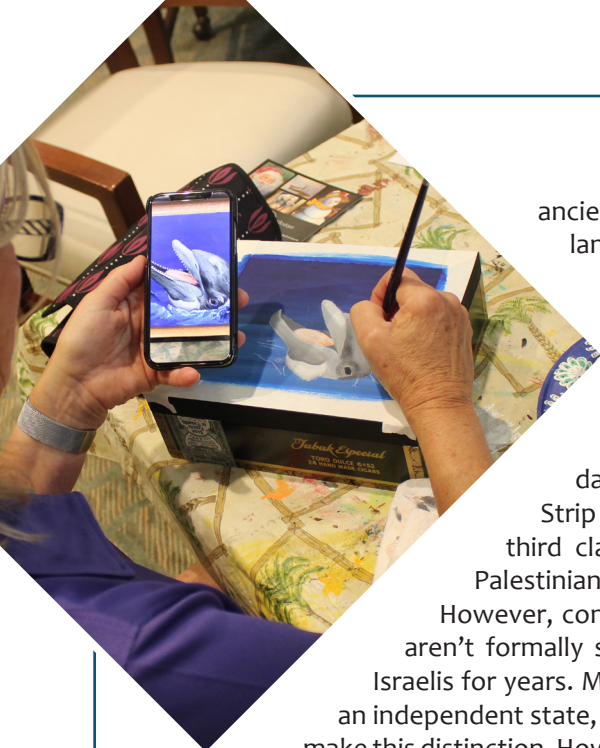
Facilitator: Steve Vesce (Guest Presenter - West Bay Club)

G6: The Question of Palestine - Past, Present and Future

March 26, 2021 · 1:00-3:00 pm

Palestine is a small region of land that has played a prominent role in the





ancient and modern history of the Middle East. Violent attempts to control land have defined much of the history of Palestine, making it a site of constant political conflict. Arab people who call this territory home are known as Palestinians, and the native people of Palestine have a strong desire to be able to control their destiny with freedom and dignity in a contested region of the world that's considered sacred by many groups. Today, Palestinian natives live under Israeli military occupation in the West Bank (a territory between modern-day Israel and Jordan), or under a total blockade in the crowded Gaza Strip (land bordering modern-day Israel and Egypt), or as second or even third class citizens in modern-day Israel. Additionally, millions of displaced Palestinians and their descendants live in refugee camps in neighboring countries. However, control over this region is a complex and evolving situation. The borders aren't formally set, and many areas claimed by Palestinians have been occupied by Israelis for years. More than 135 United Nations member countries recognize Palestine as an independent state, but Israel and some other countries, including the United States, don't make this distinction. How did we get to this point and what does the future hold for Palestinians? Can a meaningful resolution be reached?

Purpose: Gain a new perspective on a familiar conflict

Facilitator: Dominique Najjar (Guest Presenter - Shadow Wood Preserve)

G7: Winston Churchill "The British Bulldog"

January 22, 2021 · 10:00-12:00 pm

Winston Churchill was one of the best-known, and some say one of the greatest, statesmen of the 20th century. Though he was born into a life of privilege, coming from a long line of English aristocrat-politicians, he dedicated himself to public service. His legacy is a complicated one: he was an idealist and a pragmatist; an orator and a soldier; an advocate of progressive social reforms and an unabashed elitist; a defender of democracy - especially during World War II - as well as of Britain's fading empire. Yet for many people in Great Britain and elsewhere, Winston Churchill is simply a hero. "I have nothing but blood, toil, tears and sweat," Churchill told the House of Commons in his first speech as prime minister.

Purpose: Learn about the legacy of Winston Churchill

Facilitator: Steve Vesce (Guest Presenter - West Bay Club)

ARTISAN SERIES

A1: Acrylic Tile Mosaic Art Project

February 20, 2021 · 10:00-12:30 pm

For thousands of years, mosaics have been part of interior spaces. Their start can be traced back to primitive man's simple arrangements of pebbles into patterns, describing a direction or message. The techniques gradually developed throughout history - from decorative floor and wall surfaces in villas and cathedrals to the modern expression of mosaics as art. Mosaics can be described as the art of decorating a surface with designs made up of small, closely placed pieces. In a single, guided session, participants will learn how to create a unique mosaic piece using modern materials and techniques to replicate the look of traditional mosaic in their artwork. Please note that we will not be completing the mosaic in one sitting, but you will learn everything necessary to complete it on your own. All supplies and materials provided for \$15 per participant. Registrations are limited to 12 participants. A waitlist will be available if necessary.

Purpose: Learn how to create a mosaic piece of art using modern materials and techniques

Facilitator: Beverly Wojie

A2: Card Shop

January 30, 2021 · 9:00-12:00 pm | February 27, 2021 · 9:00-12:00 pm | March 27, 2021 · 9:00-12:00 pm | April 24, 2021 · 9:00-12:00 pm

Card making is such a rewarding hobby. There's just something deeply satisfying about creating something with your hands, and the fruits of your labor happen to be the perfect expression of sentiment for birthdays, holidays and any other special occasion. With nearly limitless possibilities, though, it can be overwhelming to figure everything out on your own. Join us for this special series of 4 workshops featuring different card making techniques. Workshops will also include a demonstration of all the equipment being used. Participants will use the equipment to complete their own cards in single, guided sessions. All supplies and materials are provided for \$20 per participant per clinic. Registrations are limited to 12 participants.

Purpose: Learn different card making techniques to create cards in a single guided session

Facilitators: Terri Socol, Patti Kraska, Dianne Haist

A3: Cards from the Heart

January 16, 2021 · 9:00-12:00 pm

Making your own cards for friends and family can be an enjoyable hobby. When you design your greeting cards, you have control over the look and sentiment so that your card delivers just the right message. Taking the time to make a greeting card personally lets the receiver know just how special they are to you. Anyone can go to the store, grab a card from the shelf and mail it, but making one with your hands shows just how much you care about the person that receives the card. There are card crafts for every level of crafter ranging from the simple to the complex. Learn how to make greeting cards using a variety of techniques including stamping, embossing, layering, using punches, die cutting and painting. This workshop will include a demonstration of all the equipment used. Participants will use the equipment to complete their own greeting cards in a single, guided session. All supplies and materials are provided for \$15 per participant. Registrations are limited to 12 participants.

Purpose: Create greeting cards in a single guided session

Facilitators: Terri Socol

A4: Decorative Arts Project

January 13, 2021 · 9:00-12:00 pm | January 27, 2021 · 9:00-12:00 pm | February 10, 2021 · 9:00-12:00 pm | March 3, 2021 · 9:00-12:00 pm | March 31, 2021 · 9:00-12:00 pm

Complete a creative art project in a single class session. All supplies, including surfaces, brushes and paints, are provided for \$20 per participant per clinic. Participants will be guided as they prepare and paint creative designs using acrylic paints. There will be six individual projects featured over the course of the fall, winter and spring semesters of iLife. Information about individual projects will not be available until closer to the project date. Keep an eye on your club email for project announcements.

Purpose: Complete a painting project in a single, guided session

Facilitator: Stonie Frame, Suzanne Mikulka

A5: Johannes Vermeer: His History and Art

March 13, 2021 · 10:00-12:00 pm

During his life, Vermeer was overshadowed by fellow Dutch Masters, Rembrandt and Hals, and it wasn't until years after his death that his brilliant use of color, light and mood became recognized. Join us as we examine 35 known paintings by Vermeer plus study actual copies of Vermeer's "The Art of Painting" and "Girl with a Pitcher," demonstrating the possible step by step oil painting process he may have used.

Purpose: Learn about the history and works of Vermeer

Facilitator: Dean Oestreich





A6: Sing Along with Bob and Kathy

January 20, 2021 • 3:30-4:30 pm | February 17, 2021 • 3:30-4:30 pm
| March 3, 2021 • 3:30-4:30 pm | March 31, 2021 • 3:30-4:30 pm

There's no doubt that listening to your favorite music can instantly put you in a good mood. But scientists are now discovering that music can do more for you than just lift your spirits. Research is showing that music can come with many health benefits such as reducing pain and anxiety, relieving stress, and even helping with cognitive issues like memory loss, recovering from brain injury, and treating seizures. So come gather around the piano and sing some old favorites! Don't miss the fun (and beneficial) opportunities to enjoy the resounding sounds of members singing your favorite songs. Contribute to our collective voice or just listen to the refrain of moving music from the good old days. This group meets once a month before Happy Hour at the clubhouse (Happy Hour priced drinks are available to participants).

Purpose: Enjoy singing or listening to live music

Facilitators: Kathy Bartl, Bob Ciccarelli

COGNITIVE FITNESS

M1: Bridge: Limit Raises and Jacoby No Trump

February 4, 2021 • 9:00-11:00 am

Many seasoned Bridge players use Limit Raises when responding to a major suit opening, but have never differentiated between holding 3 card trump support or 4+ support. The significance is that with 4 card trump support, Declarer can often make a major suit game with 25, 24 or even 23 points. This is due to the increased ability to trump an extra loser in dummy. This session will introduce a convention to show Responder's point count, number of trump held and how to explore slam possibilities at a low level with hand values under 33 points.

Purpose: Learn limit raises and Jacoby transfers

Facilitator: Dean Oestreich

M2: Canasta: Beginners Clinic

January 15, 2021 • 9:30-11:30 am | January 22, 2021 • 9:30-11:30 am | January 29, 2021 • 9:30-11:30 am |
February 5, 2021 • 9:30-11:30 am | February 12, 2021 • 9:30-11:30 am | February 19, 2021 • 9:30-11:30 am |
February 26, 2021 • 9:30-11:30 am | March 5, 2021 • 9:30-11:30 am

Invented in Montevideo, Uruguay, Canasta is one of the most popular card games in the United States. It combines luck of the draw, skill and diverse strategies. The Canasta game you played with your grandparents as a kid has drastically changed. If you're not familiar with these changes, or if you're new to the game, these are the perfect clinics for you. This eight-week progressive clinic will include instruction about the rules and cover strategies needed to play the game. Participants will be given the opportunity for engaged playing time with other participants. Each week's instruction will build on the previous week's information. Men and women welcome. Signing up for the first session gets you into all eight sessions.

Purpose: Learn the basics of canasta as played in Spring Run

Facilitator: Bobbie Allen

M3: Canasta: Intermediate Review

January 19, 2021 • 3:00-5:00 pm | January 26, 2021 • 3:00-5:00 pm | February 2, 2021 • 3:00-5:00 pm

One reason for Canasta's widespread popularity is because it is one of the few partnership games where the players can work in unison. There is etiquette to follow and many strategies to employ. If you've taken the clinic for beginners or even if you consider yourself fairly familiar with Canasta, these clinics are great opportunities for review. This three-week progressive clinic will include a quick review of the rules and strategies needed to play the game. Participants will be given the opportunity for engaged playing time with other participants. Both men and women are welcome.

Purpose: Solidify previous canasta lessons or review for previous canasta players

Facilitator: Bobbie Allen

M4: Canasta: Strategic Play for Intermediate to Advanced Players

February 9, 2021 • 3:00-5:00 pm

Have you taken the Beginners Canasta Clinic and feel pretty comfortable with all the basics? Are you looking to sharpen your skills and become more competitive? This new clinic might just be for you. Participants will gain a deeper understanding of basic strategies, signaling and discards. Participants will also be given the opportunity for engaged playing time with other participants. Both men and women welcome.

Purpose: Hone canasta skills for intermediate to advanced players

Facilitator: Bobbie Allen

M5: Gentlemen's Book Club

January 12, 2021 • 1:00-3:00 pm | February 9, 2021 • 1:00-3:00 pm | March 9, 2021 • 1:00-3:00 pm | April 13, 2021 • 1:00-3:00 pm

Join others in reading fresh, engaging and intelligent fiction and nonfiction books. The works are about challenges, tragedies, world affairs, government, identity, major issues, and historical events. Rich discussions of the texts provide enjoyment and varying perspectives on today's issues. This group will meet in January, February and March (the group may also meet in April). To learn which books will be discussed or to be included in the mailing, contact Bill Krein at wakrein@wpi.edu or call 239-405-7248

Purpose: Book club discussion group

Facilitator: Bill Krein

M6: Let's Do Books

January 15, 2021 • 1:00-3:00 pm | February 12, 2021 • 1:00-3:00 pm | March 12, 2021 • 1:00-3:00 pm | April 9, 2021 • 1:00-3:00 pm

Join others in reading fresh, engaging and intelligent fiction and nonfiction books. The texts are about challenges, tragedies, love, family, identity, and major reality issues. Stimulating discussions of the works provides smiles, laughter and much to think about. The group will meet and discuss in December, January, February and March (the group may also meet in April). To find out which books will be discussed or to be included in the mailing list, contact Marianne Kure at tbirdzk@gmail.com

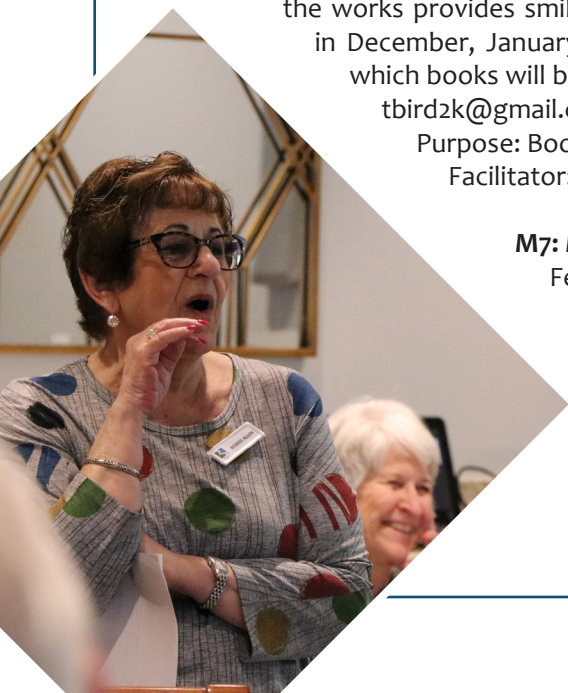
Purpose: Book club discussion group

Facilitator: Marianne Kure

M7: Mah Jongg: Beginners Series

February 8, 2021 • 10:00-12:00 pm | February 15, 2021 • 10:00-12:00 pm | February 22, 2021 • 10:00-12:00 pm | March 8, 2021 • 10:00-12:00 pm | March 15, 2021 • 10:00-12:00 pm | March 22, 2021 • 10:00-12:00 pm

Mah Jongg is a game of skill, strategy, calculation and involves a degree of chance. Played by four players, the game utilizes a set of 152 tiles resembling dominoes bearing various designs based on Chinese characters and symbols. If you're a beginner, or



new to Mah Jongg, these are the perfect clinics for you. This six-week progressive clinic will cover the basic rules and strategies needed to play the game. Attendance of the first introductory session is mandatory as it will cover the basics. Because this clinic is intensive and each session has specific, progressive goals to achieve, we will not accept “add-on” signups. Signing up for the first session gets you into all six sessions. Each participant is required to have the current, official National Mah Jongg League Card. Purpose: Learn the basics of Mah Jongg

Facilitators: Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall

M8: Mah Jongg: Defense

March 19, 2021 · 9:00-11:00 am

There are many valid strategies that can be used to play Mah Jongg. Some strategies apply only to particular styles of Mah Jongg, and some strategies apply across the board. Most importantly, there is usually no single “best” or “right” strategy for a particular situation. Strategies must be adjusted depending on the situation (considering the probabilities, the other players, the length of the wall, the amount at stake, etc.). The skilled player always uses a flexible, strategic approach. You can’t win if you give (throw) the winning tile to someone else! Defensive play is important to becoming a good player and is part of the game’s learning curve. Typically, beginner players may not be aware of defensive play due to a greater focus devoted to general hand development. This clinic is designed for intermediate players who already have a firm grasp of the basics. Registrations are limited to 16 participants and will be on a first come, first served basis. There will be a waitlist started if necessary.

Purpose: Sharpen Mah Jongg skills to become more competitive

Facilitator: Gloria Rosen

M9: The Science of Thinking - Overview

January 15, 2021 · 1:00-3:00 pm

The brain is an amazing three-pound organ that controls all functions of the body, interprets information from the outside world, and embodies the essence of the mind and soul. Intelligence, creativity, emotion, and memory are a few of the many things governed by the brain. However, other than the basics, most of us understand very little about the organ that helps us make sense of our world. This discussion will focus on successful brain-related aging strategies, understanding how we think and learn, and details about our memory systems and their use.

Purpose: Gain a better understanding of the brain, its anatomy and its basic controllable functions.

Facilitator: Bill Furtwengler

M10: The Science of Thinking

Part 1 - Brain Functions 101

January 29, 2021 · 1:00-3:00 pm

In the first of a series of 4 independent but related workshops, we will remove the layers of mystery about our three pounds of flesh to help you learn how to create a completely new world inside of your head. This workshop will help develop the language necessary to properly understand and learn to control our brain and learning. We will take part in experiential learning, explore the brain’s time traveler function, and learn how to challenge some self-limitations as we age.

Purpose: Learn how to influence and improve our brains for successful aging

Facilitator: Bill Furtwengler

Part 2 - The Stories We Tell Ourselves - Achieving Our Goals

February 5, 2021 · 1:00-3:00 pm

In the second of a series of 4 independent but related workshops, we will explore the brain’s functions related to the power of storytelling in our lives.





We will step into the future, look backwards, suspend disbelief and create future moment stories. We will participate in a counterclockwise event and examine how the brain functions during such events. We will learn how our brain makes sense of and records events in our lives using the brain's memory systems, how to respond appropriately to learning failures, and how we can update the presumed limits of our talents, health and happiness.

Purpose: Learn how to influence and improve our brains for successful aging
Facilitator: Bill Furtwengler

Part 3 - Brain Functions That Change "The Way We Do Things Around Here"

February 12, 2021 • 1:00-3:00 pm

The third in a series of 4 independent but related workshops will focus on how to alter our brain's recorded actions or habits. We will take part in an exercise that demonstrates how we can help our brains deal with complexity and address cultural changes. We will also focus on our assets (personalities, actions, values), how we can bypass our self-images, and nudge ourselves to improve relationships and interpersonal attraction.

Purpose: Learn how to influence and improve our brains for successful aging
Facilitator: Bill Furtwengler

Part 4 - All About Successful Aging, Adapting and Learning

February 19, 2021 • 1:00-3:00 pm

In the fourth in a series of 4 independent but related workshops we will focus on how we can use our thinking to improve our aging process. We will participate in a learning exercise that demonstrates specifically how we learn and continually adapt as we age. In addition, we will identify the ways in which the brain rewards itself as it continues its development. Four major mechanisms used in learning will help us determine the usefulness of different learning strategies for our brain's lifelong learning process of becoming vs aging.

Purpose: Learn how to influence and improve our brains for successful aging
Facilitator: Bill Furtwengler

CULINARY SERIES

C1: Balancing Flavor

February 9, 2021 • 11:00-1:00 pm

Sweet, salty, sour, bitter and umami are five taste elements that build our overall perception of flavor. When each element is perfectly balanced - not only on the plate, but across an entire meal - the dining experience is lifted above and beyond. Mastering flavor balance takes an understanding of the process as a science and an art. Understanding how flavors become balanced starts with knowing the basic rules behind preparing each element. Remember that adding salt to a dish does more than just making it salty - it enhances or counteracts other flavors within the dish. Join us for this special cooking demonstration with Chef Mich and learn about the art and science of balancing flavor. \$20 per participant - cash only.

Purpose: Taste dishes designed to balance flavor
Facilitator: Michel Urbano

C2: Beef - A Cut Above

January 19, 2021 • 11:00-1:00 pm

Beef is often considered a premium cut due to relative costs to pork and chicken. Beef is a versatile protein, up there with the versatility of chicken. However beef is typically the hardest of the common proteins to cook due to the many numbers of beef cuts, the many numbers of cooking methods that can be used, and the amount of attention required to cook a cut of beef to perfection. At some point, anyone who has cooked beef is curious about where the major cuts come from on the cow. Loins, shanks, rib, briskets, chuck - with all the different cuts the recipe possibilities are endless! The first step is getting the right cut of beef for the right job, whether that's grilling, stewing, braising or roasting. Understanding the different cuts of meat can be confusing, but it's incredibly useful knowledge both at the butcher counter and in the kitchen. \$20 per participant - cash only.

Purpose: Learn about and taste different beef cuts cooked to perfection

Facilitator: Kristopher Jubinville

C3: Grazing Boards: Corona Protocol

March 29, 2021 • 5:30-7:30 pm

Big, beautiful boards with a landscape of delicious bites are the pinnacle of easy and effortless entertaining. Grazing boards have quickly become a top party trend and they are a wonderful way to accommodate everyone's taste buds. Learn all the tips and tricks for making professional looking presentations for everything from charcuterie to dessert! We will also discuss easy tweaks to ensure a safe and socially distanced event that everyone will be raving about. Join us for this special night at FineMark Bank. No fee for participants compliments of FineMark Bank. Registration limit of 24 participants.

Purpose: Learn how to create great grazing boards and graze on delicious samples

Facilitator: Lauren Simon (Guest Presenter - FineMark Bank)

C4: Just Desserts

February 24, 2021 • 11:00-1:00 pm

Have you ever taken a bite of your dessert and felt instantly transported to a higher level of happiness? That feeling is real. Indulging in dessert alters your mind and body in positive ways. Foods that have a naturally high percentage of carbohydrates help the brain and body produce chemicals (such as serotonin) that contribute to overall emotional well-being. Take full advantage of this scientific process by allowing yourself to enjoy your sweet treat without a side of guilt. Although it is still important to focus on consuming a well-balanced diet filled with whole grains, vegetables, and protein, desserts add a little more excitement to your meals. And besides making you happier, desserts can also sometimes make you healthier. \$20 per participant - cash only.

Purpose: Learn about and taste different dessert recipes

Facilitator: Kristopher Jubinville

C5: Healthy Plant Based Gourmet Food

January 8, 2021 • 11:00-1:00 pm

When people follow a vegan or plant-based diet correctly, it can be highly nutritious, reduce the risk of chronic diseases, and aid in weight loss. However it is becoming too easy to eat a vegan diet high in junk food. Back in the day, the tastiest junk food you could eat as a vegan was crisps. These days it is possible to eat only fast food and junk food and still be vegan. Remember, just because it's vegan doesn't mean that it's healthy. Luckily, the supply of healthy vegan recipes is greater than ever before. Join us for this special cooking demonstration with Chef Mich and learn some gourmet vegan recipes. \$20 per participant - cash only.

Purpose: Taste gourmet vegan dishes

Facilitator: Michel Urbano



C6: A Taste of China

March 9, 2021 · 11:00-1:00 pm

Chinese food is considered to be one of the most complex and diverse cuisines in the world by chefs, food critics, and travelers. Americans, and the rest of the West, tend to think of China as one monolithic place, but the opposite is true. China is comprised of over 1.3 billion people, 23 provinces, 56 ethnic groups, and at least as many different cuisines. Libraries-worth of books have been written simply on China's food. We won't be able to sample this vast culinary landscape in one sitting, but we can at the very least get a taste of China. \$20 per participant - cash only.

Purpose: Learn about and taste different Chinese recipes

Facilitator: Kristopher Jubinville

C7: Wine & Dine

March 4, 2021 · 11:00-1:00 pm

Wine, it's what's for dinner. And not just as a beverage with dinner, also as a key ingredient in dinner. Compounds in wine, including alcohol, improve the flavor of cooked dishes. The alcohol in wine doesn't add flavor to dishes so much as it makes other ingredients taste better. The alcohol helps release flavor molecules in foods and assists in dissolving fats, allowing ingredients to reveal their own unique flavors in ways that other liquids (like water or broth) or fats (like butter and olive oil) cannot. Join us for this special cooking demonstration with Chef Mich and try some great dishes that incorporate wine in the recipe. \$20 per participant - cash only.

Purpose: Taste dishes cooked with wine

Facilitator: Michel Urbano

F I D U C I A R Y S E R I E S

F1: Considering Florida Residency?

February 2, 2021 · 1:00-3:00 pm

Are you aware of the financial incentives for becoming a Florida resident? This presentation will be an overview of the income tax, estate tax, homestead, and other laws that make Florida residency desirable for some. We will also include instruction for properly claiming Florida domicile. Question and answer session to follow.

Purpose: Learn about the benefits of Florida residency

Facilitator: Dustin Rinaldi (Guest Presenter - Rinaldi Wealth Management)

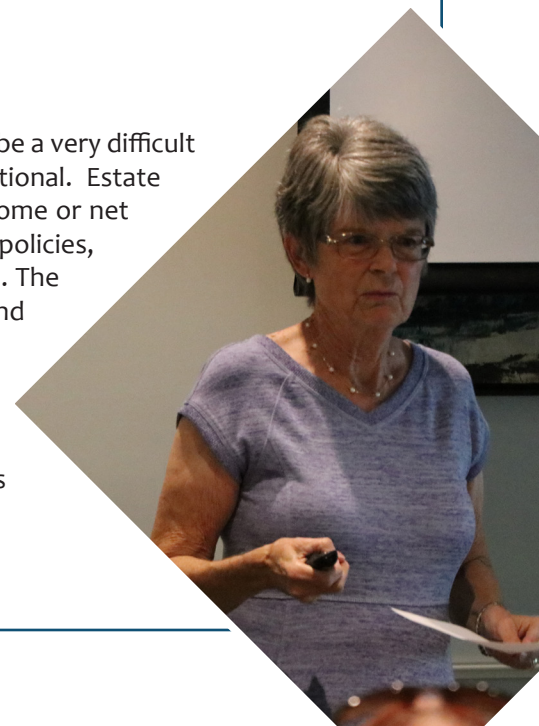
F2: Estate Planning and Beneficiary War Stories

February 18, 2021 · 10:00-12:00 pm

It's an honor to be chosen as a loved one's successor trustee, but it can also be a very difficult job. The responsibilities can be time consuming, complicated and emotional. Estate planning isn't only a concern for the super wealthy. Regardless of your income or net worth, you should check the beneficiary designation for your life insurance policies, bank accounts, brokerage firm accounts, retirement accounts, and so forth. The consequences of failing to take these simple steps can be dire. Don't depend on your will or living trust document to override outdated beneficiary designations.

Purpose: Learn about the roles of a trustee and common mistakes that can be avoided with proper planning

Facilitators: Dennis Landfried, Billie Porter, Joe Cleveland (Guest Presenters - FineMark Bank)





F3: The In-Laws and the Outlaws: Irrevocable Trusts, Discretion and Beneficiary Rights

April 1, 2021 • 10:00-12:00 pm

You would hope that your beneficiaries act with financial discipline when you pass away, but that's not always the case. In this presentation, we will examine discretionary language in trusts that can provide your beneficiaries protection from creditors, divorce and poor financial decisions. We will also cover the basic rights beneficiaries are allowed under the law.

Purpose: Learn about trusts, discretion and beneficiary rights

Facilitators: Dennis Landfried, Billie Porter, Joe Cleveland (Guest Presenters - FineMark Bank)

F4: The Great Probate Debate

March 11, 2021 • 10:00-12:00 pm

In the world of Estate Planning, the word "probate" is viewed as a bad thing. In fact, most people do everything they can to avoid the probate process. This presentation will shed some light on the potential benefits of the probate process. We will also discuss the framework of the process and what happens if you die without a will.

Purpose: Learn all about probate

Facilitators: Dennis Landfried, Billie Porter, Joe Cleveland (Guest Presenters - FineMark Bank)

F5: Legacy Planning - Is a simple will enough?

January 22, 2021 • 1:00-3:00 pm

Two things are guaranteed in life: death and taxes. Many people fail to plan for death until it eventually occurs and by then, it's obviously too late. Unexpected death or unplanned death can be costly and cause arguments or even divorces. Although it is a morbid subject and may be uncomfortable to talk about with loved ones, it cannot be understated just how important legacy planning is. Legacy planning is the act of preparing how you will bequeath your property and assets to your loved ones after your death. You've worked hard to build what you have. So, it's only natural that you want to establish and nurture a legacy that will last for years or even decades after you've gone. Creating and maintaining a legacy plan gives you your best chance at that lasting legacy, whether that involves creating a trust, starting a foundation, crafting your last will and testament or all of the above. By creating your legacy plan, you are ensuring that you can continue to support the people you love even after you've died.

Purpose: Learn about legacy planning

Facilitator: Colin Feng (Guest Presenter - AXA Advisors)

HEALTH & BEAUTY

H1: 12 Ways to Better Posture

February 23, 2021 • 2:00-3:00 pm

Description: Good posture will do more to keep you looking youthful as the years go by rather than a facelift or Botox. And the benefits of maintaining your bone health are much more than skin-deep. Although a stooped posture may seem to go hand in hand with old age, you can help prevent the characteristic rounding of the spine that is often caused by osteoporosis and the vertebrae in the upper and middle spine. Posture is one of the windows to good health. We will examine 12 strategies for improving your posture and learn easy ways to look and feel younger.

Purpose: Learn how to improve your posture for good health

Facilitator: Dr. Vivian Ebert (Guest Presenter - Living Well Chiropractic)

H2: Acupuncture Explained

January 18, 2021 · 1:00-3:00 pm

Traditional Chinese healing practices, including acupuncture, have been relatively recently presented as a system on par with, if not superior to, medicine in the West. However, accompanying the introduction of Chinese healing practices to the West have come some rather widespread and fundamental misunderstandings of what acupuncture is and was, and how it developed. These misunderstandings appear to have gained widespread credence. The biggest misconception is that acupuncture, and other aspects of Chinese medicine (currently described as traditional Chinese medicine, TCM), is a reflection of the traditional medicine that is most commonly practiced in China, and, furthermore, that the medicine that is practiced in China is a true reflection of ancient practice. Neither premise is correct. Indeed, acupuncture, and what is very much now an “alternative” Chinese medicine is only a minimal vestige of ideas and practices extracted from a highly impressive variety of medical thought, and supplemented with modern elements of Western rationality. Traditional Chinese medicine explains acupuncture as a technique for balancing the flow of energy or life force - known as chi or qi (chee) - believed to flow through pathways (meridians) in your body. By inserting needles into specific points along these meridians, acupuncture practitioners believe that your energy flow will re-balance. In contrast, many Western practitioners view the acupuncture points as places to stimulate nerves, muscles and connective tissue boosting your body’s natural painkillers. Either way, acupuncture is becoming a more common alternative to conventional methods as a means to control a variety of painful conditions.

Purpose: Learn about acupuncture, its risks, its benefits and common misconceptions

Facilitator: Dr. Jay Chang (Guest Presenter - Recharge Wellness Clinic)

H3: Athletic Motion and the Golf Swing

February 18, 2021 · 1:00-2:30 pm

The golf swing is an athletic motion similar to the basic action of throwing a ball, hitting a tennis ball, kicking a soccer ball, or rolling a bocce ball. These fundamentals are simple, logical, and easy to understand and put into action. As you let your natural chain of motion take over, you will see great progress in your game. It doesn’t have to be hard to discover the PAR golfer in you!!

Purpose: How to incorporate athletic principles into your golf swing

Facilitator: Patty Driapsa

H4: Avoiding Back & Knee Pain during Quarantine

January 21, 2021 · 1:00-3:00 pm

As we all have to learn how to become accustomed to new ways of living for the time being, it can be easy to fall into a sedentary lifestyle. Binge watching movies from a fixed position on your bed or couch all day, every day seems like it may very well be the only option to help you power through the coronavirus pandemic while staying at home, but did you know that doing this for too long can potentially lead to body stiffness and increased back pain? Keeping active at home during quarantine is essential in preventing and/or alleviating pain. You don’t need fancy equipment or a lot of time either; you just need to weave exercise into your schedule.

Purpose: Keeping pain free at home during quarantine

Facilitator: Dr. Jake Berman (Guest Presenter - Berman Physical Therapy)

H5: Bicycle Safety and Maintenance

January 23, 2021 · 9:00-11:00 am

Just like a motor vehicle, a bicycle needs maintenance and care to perform at its best. Brakes, tires, gears and other components should be regularly checked and maintained, so you can enjoy a safe, comfortable ride, whenever and wherever you decide to go. With a simple checklist, you can determine what to check before every ride and the types of maintenance that need to be performed monthly vs annually. Participants



are encouraged to bring their bicycle to this clinic for an evaluation and adjustments. There will be hands-on demonstrations and an optional Fix a Flat clinic following the bike maintenance clinic. There will also be a discussion on bicycle safety, safety equipment and rules of the road. Due to the unique nature of this clinic, participants are asked to meet in the driveway of the class instructor along with your bicycles.

Purpose: How to care for and maintain your bicycle along with bicycle safety and etiquette

Facilitator: Craig Korkoian

H6: Bocce: Intermediate Clinic

February 10, 2021 · 7:00-8:30 pm

Have you taken the beginner's bocce ball clinic? Once you start playing, all the basics quickly become second nature. As you become more competitive, you'll discover that finesse and strategy come hand in hand. Placement of the pallino can make a big difference to the course of play. It's important to assess risk versus reward when considering what play or strategy to deploy. Knowledge is power. With proper practice over time, you can become the dark horse player on your bocce team. Registrations are limited to 24 participants and will be on a first come, first served basis. There will be a waitlist started when necessary.

Purpose: Sharpen bocce skills to become more competitive

Facilitator: Gary Orten

H7: Bocce: Orientation

January 13, 2021 · 7:00-8:30 pm

Bocce Ball is a relaxed but strategic game with an ancient lineage. Although probably emerging from ancient Egypt, bocce started to hit its stride with the Romans and Emperor Augustus. It gained massive popularity in the US with the influx of Italian immigrants at the turn of the 20th century. Today, bocce is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends. The terminology is simple and basic skills are easy to produce. Meet other members, stretch muscles, check balance, improve hand-eye coordination and experience the joy of rolling for points, banking shots, spocking, shooting and bombing. Registrations are limited to 16 participants and will be on a first come, first served basis.

Purpose: How to play Bocce Ball

Facilitator: Gary Orten

H8: Bocce: Spring Run Rules

January 27, 2021 · 6:30-8:30 pm

Over 400 Spring Run members play in Bocce Association leagues each season and while different rules are discussed in various emails through the year, the rules are still often not well understood. Good sportsmanship and fair play are the norms with courtesy and respect displayed at all times, but what about the less obvious norms that regulate play? Did you know that when the starting team twice fails to validly place the pallino and the opposing team fails in their first attempt to place the pallino that the official will place the pallino in a valid position? What happens when a player steps over the foul line? What if the wrong color ball is rolled? Learn the answers to these questions and so much more in this comprehensive Spring Run bocce rules clinic.

This clinic will be conducted on the Spring Run Bocce Courts.

Purpose: Learn the rules and regulations of bocce play at Spring Run

Facilitator: Craig Korkoian

H9: Bunker Busters

February 12, 2021 · 3:00-4:00 pm

Golf can put some of the best players in uncomfortable situations at any given time.

One of these conditions consists of the dreaded sand bunker shot. On paper it is a shot that is said to be simple, yet so many golfers seem to lose their poise and confidence when faced with the perceived challenge. Outside of fear for the sand bunker shot, the biggest issue involved is the stance of the



golfer. Like with most activities, having the correct body position is essential for success. Lower your score by raising your sand trap game. Participants are asked to meet in the Golf Shop with their clubs prior to class. Registration limit of 10 participants per session.

Purpose: Improve your ability to get out of sand traps

Facilitator: Jeff Carter

H10: A Chip off the Old Block

March 12, 2021 • 3:00-4:00 pm

Chipping looks so easy when you see a good player doing it. On the flip side, it can be hard to watch when someone is struggling with these little shots. The biggest issue players have is making solid contact with the ball. That's because the club isn't moving fast enough to keep you going if you hit the ground - you chunk it halfway there. And if you catch the ball thin, it skips over the green. Contact is everything. Drive down your score by practicing up this important part of your game. Participants are asked to meet in the Golf Shop with their clubs prior to class. Registration limit of 10 participants per session.

Purpose: Improve your chipping game

Facilitator: Jeff Carter

H11: Color Me Beautiful

January 27, 2021 • 1:00-3:00 pm

Do you know what "season" you are? The Color Me Beautiful theory is based on four color types: Spring, Summer, Autumn and Winter. Which seasonal type you are depends on two basic variables - the undertone of your skin, hair and eyes and how light vs deep your overall coloring and specifically your hair is. The seasons represent the four possible variations of these two variables. Color analysis can be an enormously helpful tool because it forces you to consider the role of color in your wardrobe and points you towards a palette that suits your own complexion and away from trends. Although your color profile shouldn't be thought of as an absolute rule, it does serve as a handy guide. Do you know how you can appear 10 years younger by wearing the correct color clothing, lipstick, eyeglasses and earrings? In this presentation you will learn the tricks of the trade and get answers to all your burning questions.

Purpose: How to utilize your seasonal type to coordinate color options

Facilitator: Joanne Richmond

H12: Flatstick Fix

January 8, 2021 • 3:00-4:00 pm

Description: You read almost every putt, but if you're like most players, your routine is guesswork disguised as green-reading. You're not the only one reading, and weeping, on the greens. Regardless of skill level, putting accounts for approximately 43% of your total strokes, taking into account your good putting days and the ones where you're ready to snap your flatstick over your knee. Lower this percentage and your scores will go down. Allocate at least one-third of your practice time to becoming the best putter you can be. Participants are asked to meet in the Golf Shop with their clubs prior to class. Registration limit of 10 participants per session.

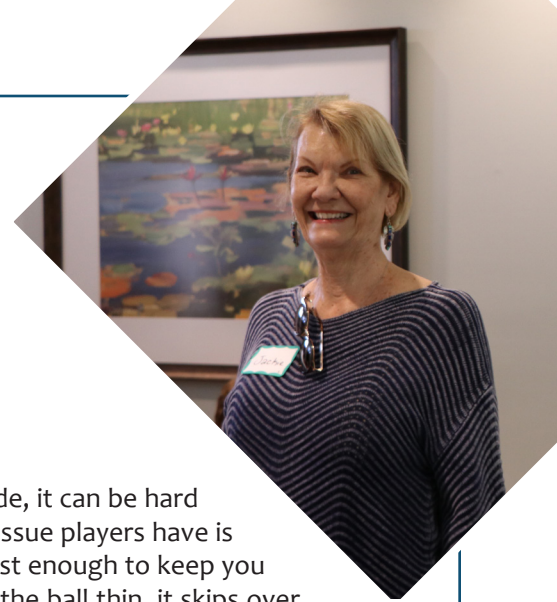
Purpose: Improve your putting game

Facilitator: Jeff Carter

H13: Guided Meditation

March 15, 2021 • 1:00-2:00 pm

Meditation is both a skill and an experience - a formal approach to training the mind, similar to the way fitness is an approach to training the body. Many studies have been conducted to look at how meditation may be helpful for a variety of conditions, such as high blood pressure, symptoms of irritable bowel syndrome and ulcerative colitis, anxiety and depression, insomnia, and pain. Meditation is not necessarily spiritual or religious. It shares a very long history with religion and offers an important spiritual component



for many practitioners. But anyone can meditate, regardless of creed, and a guided meditation is a great place to start.

Purpose: Learn about meditation through a guided session

Facilitator: Nicole Traum (Guest Presenter - Lee Health)

H14: Learn How to Bike 15 Miles in 6 Weeks

January 20, 2021 • 9:00 am | January 27, 2021 • 9:00 am | February 3, 2021 • 9:00 am | February 10, 2021 • 9:00 am | February 17, 2021 • 9:00 am | February 24, 2021 • 9:00 am

Biking in Florida is great exercise and can be a lot of fun. This 6-week series will teach participants how to ride up to 15 miles, beginning at 5 miles and increasing incrementally each week. Participants will learn the rules of the road, how to inflate tires to maximize your ride, necessary/optional equipment to enhance your ride, routes of different lengths (on the road and on paths) that are close to Spring Run, and how to navigate alone, as well as with other riders. There is a lot to learn to safely maximize your ride. Participants are to meet in the tennis court parking lot.

Purpose: Strengthen your endurance and learn how to enhance your ride solo or with a group

Facilitator: Terri Socol

H15: Makeup Breakdown

February 12, 2021 • 10:00-12:00 pm

Makeup is not just an art that helps you express yourself. It is also incredibly empowering because it helps you look and feel like the best version of yourself at any age. When it comes to doing your makeup, your technique is a total game-changer in how the look will eventually turn out. If you're over 50 and have concerns like fine lines, wrinkles, and age spots, you must adapt your techniques to specifically address your needs. Most women aren't taught to replace the techniques they learned in middle school with ones that are better suited for their current age. No one talks about applying makeup to a face that isn't naturally plump, tight, and line-free. With improper application and products, makeup can actually act as a spotlight on skin maturation. Learn best practices for application to accommodate the changes that come with aging. Highlight your best features, manage flaws, and boost your confidence in any situation. Put your best face forward! Participants will complete a step by step workbook that will guide them through their personalized makeover. Individual questions and issues will be addressed.

Purpose: Makeup tips and techniques for aging skin

Facilitator: Peggy Schick

H16: Natural Solutions to Back Pain

March 16, 2021 • 2:00-3:00 pm

Back pain is a health concern for most people in the United States at some point in their lives perpetually affecting some 65 million Americans. Back pain is actually one of the most common reasons people visit the doctor. The good news is 95% of cases involving back pain do not require surgical treatment. As we age, lower back pain becomes increasingly more and more common. More than 80 percent of Americans will experience lower back pain in particular. Not to mention, muscle elasticity and bone strength decrease over time, leaving your back vulnerable to strain and injury. Relief of chronic back pain can come in many forms, and doesn't always require a prescription. Learn about natural solutions that can not only help you treat your back pain, but maybe even prevent it!

Purpose: Explore natural solutions to back pain

Facilitator: Dr. Vivian Ebert (Guest Presenter - Living Well Chiropractic)



H17: Nutrition and our Immune System

February 17, 2021 · 1:00-3:00 pm

The immune system is the body's defense against disease and infection. Made up of special organs, cells and chemicals, the immune system is on constant alert, monitoring for signs of invasion or danger. Cells of the immune system must be able to distinguish self from non-self and furthermore discriminate between non-self molecules which are harmful and innocuous non-self molecules. The complex, integrated immune system requires several micronutrients that have essential, often synergistic roles at every phase of the immune response. In fact, even marginal deficiencies in certain nutrients have been shown to impair the immune system. It has been long established that good nutrition is fundamental in supporting and maintaining proper immune function. Join us for this special discussion on nutrition and our immune system.

Purpose: Learn which nutrients have scientific evidence to boost immunity

Facilitator: Carrie Bloemers (Guest Presenter - Lee Health)

H18: Pickleball: Orientation

January 21, 2021 · 9:00-10:30 am | February 4, 2021 · 9:00-10:30 am | February 18, 2021 · 9:00-10:30 am | March 4, 2021 · 9:00-10:30 am | March 18, 2021 · 9:00-10:30 am

Pickleball is a paddle sport created for people of all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball combines many elements of tennis, badminton and ping-pong and is the fastest growing sport in America. Played as doubles or singles, it's no wonder this game is catching on around the world. Participants will cover how the game is played, the equipment involved, where the game can be played, how to properly strike and serve the ball, and successful playing strategies. Registrations are limited to 12 participants per session and will be on a first come, first served basis. A waitlist will be started when necessary.

Purpose: Learn how to play Pickleball

Facilitators: Joe McCreery

H19: R.E.A.D.Y. for Women

March 26, 2021 · 10:00-12:00 pm

Walking through a parking lot alone and feeling uneasy? Getting a weird vibe from a stranger on the sidewalk? Many of us have been there. In a January 2018 survey of 1,000 women nationwide, 81% reported experiencing some form of sexual harassment, assault, or both in their lifetime. Even if you've personally never felt yourself in a situation that made you feel physically unsafe, having reassurance about your next steps (and what you can do to help yourself should this unfortunate circumstance ever happen) can make all the difference. This is a special program just for the ladies - all ages, teenagers and up. There are special forms to fill out, due to the specific nature of this program. Part of the class is spent going over personal safety and situational awareness. Participants will then learn a series of moves they can perform if they ever feel threatened or are faced with a potential assault. Registration is limited to 20 participants - no walk-ins available for this program.

Purpose: Learn basic self-defense designed for women

Facilitator: Heather Turco (Guest Presenter - Lee County Sheriff's Office)

H20: Skin Deep - Aging Gracefully

January 15, 2021 · 10:00-12:00 pm

Is it ever too late to correct sun-damaged skin or reduce lines and wrinkles that come with age? Skin aging is caused by a combination of natural aging and exposure to sunlight. A little bit of sunshine goes a long way, helping to boost vitamin D levels and keeping seasonal affective disorder at bay. However, soaking up too much is incredibly bad for our skin. Add to this the inescapable factor of time, and the result is sagging



skin, wrinkles, and discolorations: the characteristic signs of skin aging. But what can be done? What products do I really need? Where do I shop? Who do I trust? As of yet, no one has found an answer to stopping the natural aging process. But rest assured: scientists are continuing their search for the holy grail of aging. The technology behind lotions, moisturizers and creams has come a long way since your grandmother's medicine cabinet. Using them properly will take you a long way to treating the skin you have versus the skin you used to have. We may not be able to turn back the hands of time, but maybe we can at least slow its steady march forward. Purpose: Learn about aging skin and best practices for care. Facilitator: Peggy Schick



H21: Sports Injury Prevention

January 25, 2021 • 1:00-3:00 pm

An active, athletic lifestyle is becoming the norm for older adults. In addition to enhancing muscle and joint function, physical exercise is shown to decrease the risk of developing health problems such as osteoporosis, stroke and heart disease. But with age comes physical changes in balance, flexibility and strength. These changes can make older adults more susceptible to common sports injuries. Despite this, taking some simple precautions can make it possible to enjoy an active lifestyle safely. Whether it's pickleball, golf, tennis or one of the other many activities you enjoy in SWFL, learning and following basic injury prevention advice is step one. Remember, it's always better to prevent an injury than to recover from one.

Purpose: Learn how to prevent common sports injuries

Facilitator: Dr. Karl Gilliam (Guest Presenter - Lee Health)

H22: Sugar Cravings: Are we not sweet enough?

March 1, 2021 • 1:00-2:30 pm

Many people regularly experience sugar cravings. Health professionals believe that this is one of the main reasons it can be so hard to stick to a healthy diet. Cravings are driven by your brain's need for a "reward" - not your body's need for food. Those experiencing a sugar craving feel a strong urge to eat something sweet and can find it difficult to control themselves around food. Research has shown that sugar can be as addictive as some street drugs with similar effects on the brain! It's no wonder some of us are looking for ways to take the edge off. Join us for this special discussion on sugar cravings, why sugar is so powerful, and how we can break the habit.

Purpose: Learn how to tame your sweet tooth

Facilitator: Erika Graziani (Guest Presenter - Lee Health)

H23: Tennis: Beginner and Intermediate Clinic

January 15, 2021 • 8:30-10:00 am | January 22, 2021 • 8:30-10:00 am | January 29, 2021 • 8:30-10:00 am | February 5, 2021 • 8:30-10:00 am | February 12, 2021 • 8:30-10:00 am | February 19, 2021 • 8:30-10:00 am | February 26, 2021 • 8:30-10:00 am | March 5, 2021 • 8:30-10:00 am | March 12, 2021 • 8:30-10:00 am | March 19, 2021 • 8:30-10:00 am | March 26, 2021 • 8:30-10:00 am | April 2, 2021 • 8:30-10:00 am

Tennis, invented by the British army officer Major Walter Clopton Winfield in 1873 and originally called lawn tennis, has become a worldwide sport and a great way to exercise and stay in shape. Tennis transcends all age groups and is enjoyed by young kids as well as seniors. Come learn, practice or re-learn how to play the wonderful sport of tennis from outstanding volunteer professional coaches. Beginners and those who've spent significant time away from the sport are strongly encouraged to attend the Friday clinics at 9:00 am January through April. Meet other members while learning basic tennis shots, court positions and strategies designed to keep the ball in play. Players of all levels are invited to attend. From

beginners and returning players to intermediate and advanced players, join in on the exciting action!

Purpose: Play tennis with others at similar skill levels

Facilitators: John Foley, Jan Esper, Mike Bannigan, Glenn Mattson

H24: The Truth about GMOs

January 13, 2021 • 1:00-3:00 pm

GMO stands for genetically modified organism. As defined by the U.S. Food and Drug Administration (USDA), GMOs are plants, animals, or microorganisms whose genetic makeup was altered in a laboratory using genetic engineering. As a result, these organisms have combinations of genes that do not occur in nature or through traditional modification. For thousands of years, humans have been using traditional modification methods like selective breeding and cross-breeding to breed plants and animals with more desirable traits. However, genetic engineering is actually a more precise method to achieve the same goal of gene manipulation. To some, GMOs are a breakthrough scientific advance that promise bigger, more-resilient crop yields, more nutritious food, and an upper hand in the battle against world hunger. To others, GMOs are “Frankenfood,” a nightmarish example of science run amok, which poses grave potential risks to both human health and the environment. Join us for this special discussion on the truth about GMOs.

Purpose: Learn the most common food crops, and hear arguments for and against the use of GMOs today

Facilitator: Carrie Bloemers (Guest Presenter - Lee Health)

H25: Wine & Line Dancing

January 10, 2021 • 4:00-6:00 pm | February 7, 2021 4:00-6:00 pm

Line dancing is exactly what its name implies: people dancing in lines to music.

Line dances are choreographed dances with a repeating series of steps that are performed in unison by a group of people in lines or rows, most often without the dancers making contact with one another. Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands. The movements of a line dance are marked as “counts” where one count generally equals one musical beat, with a particular movement or step taking place at each beat. But don’t be intimidated at the sound of counting out choreographed steps! It all comes much more naturally than you would think. Also, a little wine never hurts! Happy hour priced drinks will be available. Participants are encouraged to wear shoes that slide instead of gym shoes. Join in on the fun as we learn the choreography for two different line dances. You and other participants won’t be able to resist showing off these routines at the next neighborhood gathering or party at the clubhouse.

Purpose: Learn two line dances over drinks (drinks optional)

Facilitator: Patti Fitzgerald, Kim Corso



SPECIAL TOPICS

S1: Birds of Spring Run

March 30, 2021 • 3:00-5:00 pm

Birding and bird watching mean the same thing - the observation of live birds in their natural habitat. Whether you enjoy bird watching to spot a new species, or to capture them in photographs, birding is something you can do in your own back yard, your local park, or anywhere you travel. Southwest Florida offers a wealth of birding possibilities thanks to the large number of refuges, parks, and protected areas.

Spring Run's ideal setting and eco-friendly operations provide a sanctuary for wildlife that attracts a bounty of beautiful birds to our community. Some of the more common birds of Southwest Florida can be spotted in Spring Run along with some less commonly observed species. Come learn about the different birds that frequent Spring Run and how to identify them.

Purpose: Birding in Spring Run

Facilitators: Ted Hoffman, George Taylor

S2: Dog Training 101

February 6, 2021 • 9:00-11:00 am

Did you know Iditarod mushers start socializing their pups at 2 weeks?! Proper training and socialization, early and often, are keys to owning a Good Canine Citizen. Nevertheless, dogs of all ages benefit from training - learning how to focus, track, recall, stay, walk calmly on leash, and be comfortable with strangers. Attendees will also learn how to reward and correct effectively. Research has shown short 5 minute fun interactions with our canine companions lowers blood pressure, increases good brain hormones, and strengthens the immune system of both the owner and dog! Quick training mentally and physically stimulates your dog while enhancing your leadership making your dog feel safe and secure.

Purpose: Learn and observe quick and easy dog training techniques.

Facilitator: Joe De Simone (Guest Presenter - Canine Command)

S3: Florida Gulf Coast University - The Founder's Tour

February 11, 2021 • 10:00-1:00 pm

Dr. Roy McTarnaghan was Vice-Chancellor of the State University System of Florida and was deeply involved in the planning and development for Florida Gulf Coast University including its legislative approval in 1991. He subsequently served as Founding President of FGCU helping develop the land use plan, establishing a private foundation for fundraising, hiring of faculty and staff and establishing policies including non-tenure appointments for faculty, public service experience requirement for students, a PBS Radio and TV station, and a significant commitment to online and distance learning. The university's enrollment is presently 15,000. Join Dr. McTarnaghan for a tour of the FGCU campus and have lunch where the students eat in South Village Dining Hall. Participants will need to bring \$9 for lunch (cash only) and provide their own transportation to the FGCU campus.

Purpose: Take a tour of FGCU and learn about its history and its future

Facilitator: Dr. Roy McTarnaghan

S4: Frauds, Scams, and Identity Theft

February 26, 2021 • 1:00-2:30 pm

My-oh-my, there are so many creative ways criminals are stealing our money, from realistic-looking website and warnings, to convincing threats and awards. Wow, every day the devious plot list is growing - thieves using our devices to scam us. It's unsettling, embarrassing and unfortunately, the criminals can quickly drain our bank accounts. You hear the stories and think, "that will never happen to me..." but sadly, it just takes one vulnerable moment for us to fall victim. The crime prevention specialists at the Lee County Sheriff's Office are experts on crime trends and can share those with you, along with valuable advice on how to spot a scammer or fraudster and what to do if you become a victim. This is so important, because cybercrime is growing, with criminals getting their hands on billions of dollars across the U.S.

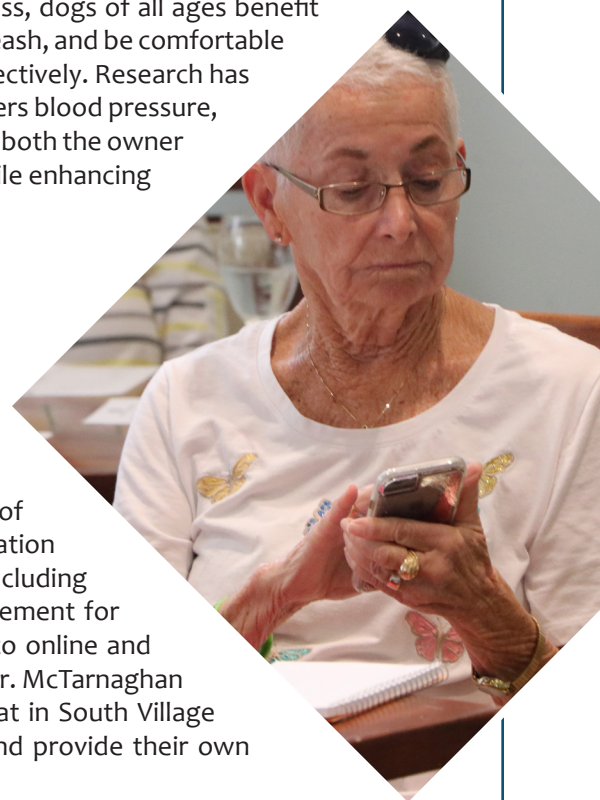
Purpose: Learn different ways you can fall victim to cybercrime and how to prevent or minimize threats

Facilitator: Heather Turco (Guest Presenter - Lee County Sheriff's Office)

S5: Fun and Close Day Trips (to do with or without your visitors)

January 11, 2021 • 1:00-3:00 pm

Southwest Florida is a popular destination during the cold winter months. One of the benefits of living in



a tourism hotspot is that there is no shortage of things to do either on your own or while you're entertaining guests. Honestly, you can only go to the beach so many times before you've collected enough sea shells and shark's teeth to start your own gift shop.

Join us for this special discussion to learn about local destinations that will keep you or your visitors entertained for seasons to come.

Purpose: Learn about fun things to do in the area

Facilitators: Jim & Carol Heffernan

S6: Hurricane Preparedness - How to prepare like a Florida Native

March 5, 2021 • 1:00-3:00 pm

Florida's hurricane season begins on June 1st and runs through November 30th. It is important to plan ahead so you are safe in case of an emergency. But do you know where to start to create a plan? Do you know where public shelters are located? How about evacuation routes? Join Estero Fire Rescue for this informative presentation on what you can do to prepare for a hurricane and keep your loved ones safe. If you have questions, this is your time to get the answers you need!

Purpose: Learn how to create a hurricane preparedness plan and what to do if you need to evacuate

Facilitator: Susan Lindenmuth (Guest Presenter - Estero Fire Rescue)

S7: Inside the Judiciary - What you always wanted to know but were too afraid to ask

February 10, 2021 • 1:00-3:00 pm

The Judicial Branch of the government is the least understood by members of the general public and is the only one where deliberations are carried out in secret and never made available to the public. While Federal courts make decisions relating to national issues such as immigration and citizenship and matters between citizens of different states, each state has its own judiciary resolving issues arising between and among its residents. Retired Justice Terrence O'Donnell served as a member of the Ohio Supreme Court for almost 16 years, having been elected statewide in Ohio three times. Prior to joining the court, he was twice elected to serve 8 years on the Court of Appeals in Cleveland, OH, and prior to that won elections to serve 14 years as a trial judge presiding over civil and criminal trials, including those involving Capital punishment. Participants are invited to attend and ask Justice O'Donnell your burning questions as he explains the mystique of the inner workings of our courts and relates stories from his 38 years on the bench.

Purpose: Hear stories from the bench and learn how the judicial system operates

Facilitator: Justice Terrence O'Donnell

S8: Matterhorn Fit - Reaching the summit

February 1, 2021 • 1:00-3:00 pm

Ryan Vesce is an American former professional ice hockey center who played in the NHL with the San Jose Sharks. After graduating from Cornell University in 2004, Ryan spent the last 15 years playing professional hockey in the NHL, Russia, Sweden, Belarus, Croatia, Switzerland and Finland. As a professional athlete, Ryan had access to advanced techniques and the best rehab professionals all over the world. Through his experiences, he observed a commonality among all of these elite practitioners. Now Ryan's mission is to share the invaluable information he has accumulated throughout his career with everyday people who love sports. Join Ryan as he recounts stories from his career as a professional hockey player and how the techniques used by the world's best healthcare professionals influenced the philosophy behind his own fitness and rehabilitation program: Matterhorn Fit.

Purpose: Hear stories from the ice and get a sense of the medical attention professional athletes require

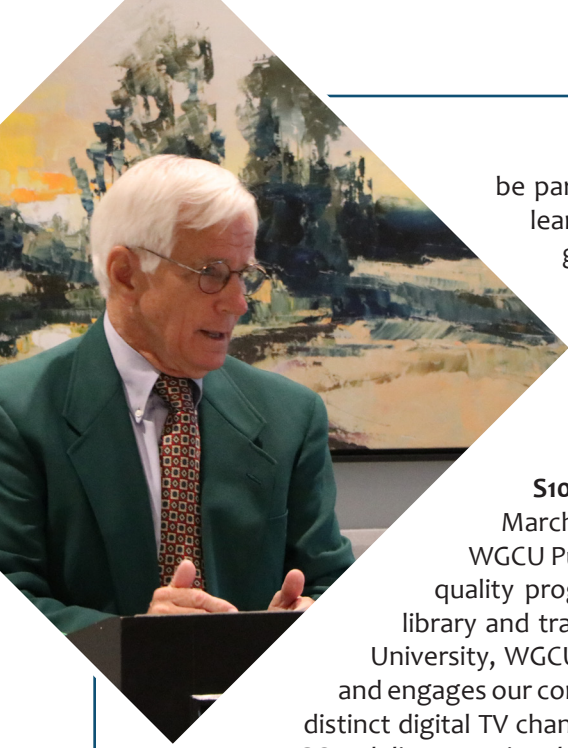
Facilitator: Ryan Vesce (Guest Presenter - Matterhorn Fit)

S9: Packing Smart for the Best Start

April 2, 2021 • 10:00-12:00 pm

We've all been there. It's time to pack and you don't know where to start. And if you're anything like the majority of travelers, you're probably a hopeless over-packer. For example, if "I need to pack this parka just in case" or "of course I'll read all 7 Harry Potter books this trip" sounds familiar to you, then you may





be part of the over-packing crowd. But take comfort in the fact that you CAN learn to be a smart packer. From the basic 'no duhs' to some unconventional gems of genius, these packing tips and tricks can save you headaches and heartaches along the way. While all the advice in the world can't force you to pack calmly in plenty of time ahead of your trip, at least having some good tips in mind can help you furiously pack last minute.

Purpose: Learn how to pack smart for your trip

Facilitators: Nancy Taylor

S10: PBS & NPR at FGCU

March 19, 2021 • 1:00-3:00 pm

WGCU Public Media is Southwest Florida's source for PBS and NPR. WGCU provides quality programming 24-hours a day and is a trusted storyteller, teacher, theater, library and traveling companion. As a member-supported service of Florida Gulf Coast University, WGCU's mission is to provide educational programming that inspires, informs and engages our community. Serving seven counties (one-fifth of the state of Florida) with five distinct digital TV channels, two FM radio channels, two HD radio channels, and one subcarrier, WGCU delivers national and international programming and develops, produces and delivers relevant, informative and educational local programs to the Southwest Florida community. Join us for this special tour of the WGCU broadcasting station at the FGCU campus. Participants are responsible for providing their own transportation to and from the FGCU campus. Registration limited to 24 participants.

Purpose: Learn about and tour the WGCU broadcasting station at FGCU

Facilitator: Anne Stavely (Guest Presenter - WGCU Public Media)

S11: Residential Security

January 29, 2021 • 10:30-12:00 pm

The truth is, crime can make its way into any neighborhood, no matter how "safe" it is. In times of economic distress, people are even more concerned about rising crime in their communities. On the bright side, there are plenty of preventative measures one can take to protect his/her home, as well as the neighborhood. The steps could be as simple as keeping the doors locked, or as complex as starting a neighborhood watch program. Even though no place is immune to crime, team work with neighbors and family members can really make a difference to minimize it. Did you know the number one crime reported in Lee County is car burglary? 99% of the time, cars are left unlocked. Crooks take advantage! Do you know which room thieves target first and what they want? The Lee County Sheriff's Office has a long list of simple tips to make sure your home and property are safe. They will be happy to answer any questions you may have, in general, or regarding the community. They will also be happy to assist in the creation of a Neighborhood Watch program.

Purpose: Preemptive measures to protect your home and neighborhood

Facilitator: Heather Turco (Guest Presenter - Crime Prevention, Lee County Sheriff's Office)

S12: See the Wildlife of Southwest Florida

March 8, 2021 • 1:00-3:00 pm

Southwest Florida has a unique environmental ecosystem consisting of preserves, sanctuaries, swamps, and estuaries. The flora and fauna are on display daily in their natural environment located throughout all of Southwest Florida. You can also see them up-close and personal right in this region! Participants will be introduced to trips around the Bonita Springs area where people can see a variety of wildlife starting with free opportunities and progressing to more expensive but incredible opportunities to view Florida wildlife such as bald eagles, manatees, burrowing owls, and so much more! This is a great session for those who host out of town visitors as some of the trips are short and "on the way" to other destinations, while others are full or half-day trips.

Purpose: Learn about local places to see the wildlife of Southwest Florida

Facilitators: Terri Socol

S13: Spring Run: A Closer Look

April 2, 2021 • 1:00-3:00 pm

Nestled amidst 200 lush acres, Spring Run is a golf inclusive planned community consisting of 847 residential units including single family homes, carriage homes, attached villas, and garden condominiums. Bundled communities - such as Spring Run - also known as C.I.R.A.'s (Common Interest Realty Association) are responsible for property maintenance and repairs, management services, and other tasks defined in its governing documents. The association is funded by ongoing member assessments. Members elect the association's Board of Directors, which represents their interests in the association. However, beyond this basic understanding of bundled communities, the association's financials and structure of governance can be a little more hazy. For example, did you know that all of the improvement projects around Spring Run, from the clubhouse renovation to the Golf Course Maintenance building overhaul, are not increasing your annual assessment? How is that? Do you know how these projects were chosen and who all had a hand in their conception? Join us for this in-depth discussion on Spring Run's finances and structure of governance.

Purpose: Learn about Spring Run's finances and structure of governance

Facilitators: Jim Rock, Mike Zigler

S14: Spring Run's Environmental Excellence

March 25, 2021 • 7:00-8:30 am | April 1, 2021 • 7:00-8:30 am

Back in 2009, Spring Run Golf Club's golf course achieved designation as a "Certified Audubon Cooperative Sanctuary" through the Audubon Cooperative Sanctuary Program for Golf Courses - an Audubon International Program. Ben Hanshew, Course Superintendent, spearheads the effort to maintain this sanctuary status on our course. Spring Run is the 97th course in Florida and the 789th in the world to receive this honor. Join Ben for a crash course on Spring Run's Audubon Sanctuary status, how we achieved our status and what we must do to maintain it. Participants also will get to take a golf cart tour of our Audubon certified golf course. Registration limit of 16 participants due to cart availability.

Purpose: Learn about Spring Run's efforts to protect our local environment

Facilitator: Ben Hanshew

S15: Town Hall with the Pro

February 13, 2021 • 10:00-12:00 pm

Let's talk golf! Do you have any questions about the software we use at Spring Run? Maybe you've been wondering about some equipment. Do you have any questions about the PGA or LPGA tour? Honestly, anything about golf is open for discussion. Get answers to all your burning questions. Join us for this special interactive discussion on all things golf.

Purpose: Golf discussion group

Facilitator: Scott Kash

TECHNOLOGY SERIES

T1: Golf Genius

January 16, 2021 • 1:00-2:00 pm

Do you belong to the Men's or Women's 18 Hole Association? Maybe you belong to the Men's or Women's 9 Hole Association. If you happen to play in one of these four golf associations at Spring Run, it would behoove you to learn how to use Golf Genius. Not to be mistaken with Chelsea (how members request regular tee times), Golf Genius is the software used by Spring Run to manage tournaments and leagues. Through Golf Genius, members can sign up, cancel, or view their status for a weekly event. Members also are able to see the results from any of the events in the league. Even if you don't play in one of the four leagues, you can still learn



how to sign up for events like Couples Golf, Member-Guest Days, and Battle of the Neighborhoods. You don't have to be a genius to use Golf Genius.

Purpose: Learn all about the Golf Genius Tee Time System

Facilitator: Scott Kash

T2: iPhone Apps

March 24, 2021 • 10:00-12:00 pm

More than a million apps are now available in the App Store for iPhones. These apps range from fun ways to pass the time, to work productivity, and everything in between. But despite knowing how useful some of these apps can be, many of us don't think to use them to improve our daily lives. Apps for checking the weather, avoiding traffic congestion, getting directions, translating foreign languages, tracking fitness and nutrition, and so much more are available to make our lives easier. By sequencing the use of different apps, you can effectively plan for complex scenarios and solve daily problems.

Purpose: Learn how to download and use apps

Facilitator: George Taylor

T3: iPhone Basics for New Users

January 21, 2021 • 10:00-12:00 pm

The evolution of the telephone from the earliest super-bulky models to the sleek smartphones of today only took around 150 years. Our smartphones are even more powerful than the earliest room-sized computer models.

Smartphones have quickly gone from a strange new technology to an essential part of daily life. However, adopting new technology can be challenging. You have to get used to new terms and learn how to meaningfully interact with your device. Whether you're a brand new iPhone user or a beginner looking to better understand his or her device, this presentation is a great place for you to start your journey into the electronic generation.

Purpose: Learn the fundamentals and main features of your iPhone

Facilitator: George Taylor

T4: iPhone Camera & Photos

February 5, 2021 • 10:00-12:00 pm

Apple's iPhone has once again topped the "most used camera" list. This comes as no surprise as Apple has long been the reigning champion of the most used camera in the world. Capturing, storing, managing, and editing your photos on your iPhone/iPad has never been easier to do. Apple is always adding new apps that offer lots of photo and video editing features. The content of this clinic will be designed by you. We will cover the basics, but the remainder of the content will be about specific subjects requested by the participants.

Purpose: How to store, manage, edit, and share photos on apple devices

Facilitator: Nancy Taylor

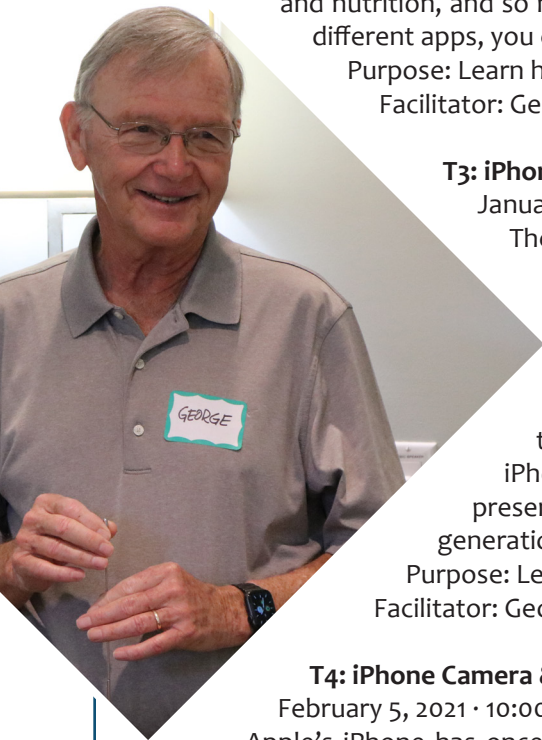
T5: iPhone Settings for Customizing Your Experience

February 15, 2021 • 1:00-3:00 pm

Part of the appeal of the iPhone is in its simplicity. You can grab it right out of the box and start setting it up without reading any instructions. However, behind that simple, intuitive interface you'll find dozens of lesser-known settings and options. There are a myriad of ways you can customize your iOS experience from battery-saving options to the size that the text appears on your screen. It's easier than you think to adjust your phone to accommodate your needs.

Purpose: Learn about the many options available for customizing your iPhone

Facilitator: George Taylor



T6: Libby - Library eBooks

February 22, 2021 • 1:00-3:00 pm

Did you know there is an app for borrowing library books and reading or listening to them from your smart device? Libby is a free app available for both Apple and Android that allows you to access thousands of electronic books through your local libraries. Its 2:00 am, you can't sleep, and you wish you had a book from one of your favorite authors. With just a few taps on a screen you can have your book! Caregivers will find the Libby app helpful. The app does the "leg work" by sending books to someone's iPad who may not have the mobility to go to the library. Maybe you know someone who can no longer hold a book or turn pages. You can download books that will appear on their iPad. Every book enthusiast needs to come and meet Libby.

Purpose: How to use Libby to access electronic books and audio books from local libraries through your smart device

Facilitator: Mary Lou Smith

T7: Photobooks

March 5, 2021 • 10:00-12:00 pm

Do you have fond memories of developing film, purchasing those big photo album binders, and meticulously arranging your photos on those awkwardly sticky pages with the clear plastic covers? Those clear plastic covers were the worst to deal with. Well in this digital age those clear plastic covers are a thing of the past! In this session you will create your own photo memory book ready to print. Participants will be guided through a step by step process. Who knows, we might just make a movie too!

Purpose: How to create and share photo books

Facilitator: Nancy Taylor



W I N T E R S E M E S T E R

WEEK 1 JANUARY 3-9

Code	Name of Activity	Date	Time	Day	Room-	Facilitator(s)
C5	Healthy Plant Based Gourmet	1/8/2021	11:00-1:00 pm	F	Dining	Michel Urbano
H12	Flatstick Fix	1/8/2021	3:00-4:00pm	F	Golf Shop	Jeff Carter

WEEK 2 JANUARY 10-16

H25-1	Wine & Line Dancing	1/10/2021	4:00-6:00 pm	SU	Dining	Patty Fitzgerald, Kim Corso
S5	Fun and Close Day Trips (to do with or without your visitors)	1/11/2021	1:00-3:00 pm	M	Lakeview	Jim & Carol Heffernan
M5-1	Gentlemen's Book Club	1/12/2021	1:00-3:00 pm	T	Greens	Bill Krein
A4-1	Decorative Arts Project	1/13/2021	9:00-12:00 pm	W	Greens	Stonie Frame, Suzanne Mikulka
H24	The Truth about GMOs	1/13/2021	1:00-3:00 pm	W	Dining	Carrie Bloemers
H7	Bocce: Orientation	1/13/2021	7:00-8:30 pm	W	Bocce Courts	Gary Orten
H23-1	Tennis: Beginner and intermediate clinic	1/15/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-1	Canasta: Beginners Series	1/15/2021	9:30-11:30 pm	F	Lakeview	Bobbie Allen
H20	Skin Deep - Aging Gracefully	1/15/2021	10:00-12:00 pm	F	Dining	Peggy Schick
M6-1	Let's Do Books	1/15/2021	1:00-3:00 pm	F	Greens	Marianne Kure
M9	The Science of Thinking - Overview	1/15/2021	1:00-3:00 pm	F	Dining	Bill Furtwengler
A3	Cards from the Heart	1/16/2021	9:00-12:00 pm	S	Lakeview	Terri Socol
T1	Golf Genius	1/16/2021	1:00-2:00 pm	S	Lakeview	Scott Kash

WEEK 3 JANUARY 17-23

H2	Acupunture Explained	1/18/2021	1:00-3:00 pm	M	Lakeview	Dr. Jay Chang
C2	Beef - A Cut Above	1/19/2021	11:00-1:00 pm	T	Lakeview	Kristopher Jubinville
M3-1	Canasta: Intermediate Review	1/19/2021	3:00-5:00 pm	T	Multipurpose	Bobbie Allen
H14-1	Learn How to Bike 15 Miles in 6 Weeks	1/20/2021	9:00 AM	W	Tennis Parking Lot	Terri Socol
A6-1	Sing Along with Bob and Kathy	1/20/2021	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Cicarelli
H18-1	Pickleball: Orientation	1/21/2021	9:00-10:30 am	TH	Commons Club	Joe McCreery
T3	iPhone Basics for New Users	1/21/2021	10:00-12:00 pm	TH	Lakeview	George Taylor
H4	Avoiding Back & Knee Pain during Quarantine	1/21/2021	1:00-3:00 pm	TH	Lakeview	Dr. Jake Berman
H23-2	Tennis: Beginner and intermediate clinic	1/22/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-2	Canasta: Beginners Series	1/22/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
G7	Winston Churchill "The British Bulldog"	1/22/2021	10:00-12:00 pm	F	Dining	Steve Vesce
F5	Legacy Planning - Is a simple will enough?	1/22/2021	1:00-3:00 pm	F	Dining	Colin Feng
H5	Bicycle Safety and Maintenance	1/23/2021	9:00-11:00 am	S	Silver Creek	Craig Korkoian

WEEK 4 JANUARY 24-30

Code	Name of Activity	Date	Time	Day	Room-	Facilitator(s)
H21	Sports Injury Prevention	1/25/2021	1:00-3:00 pm	M	Lakeview	Dr. Karl Gilliam
M3-2	Canasta: Intermediate Review	1/26/2021	3:00-5:00 pm	T	Multipurpose	Bobbie Allen
A4-2	Decorative Arts Project	1/27/2021	9:00-12:00 pm	W	Greens	Stonie Frame, Suzanne Mikulka
H14-2	Learn How to Bike 15 Miles in 6 Weeks	1/27/2021	9:00 AM	W	Tennis Parking Lot	Terri Socol
H11	Color Me Beautiful	1/27/2021	1:00-3:00 pm	W	Multipurpose	Joanne Richmond
H8	Bocce: Spring Run Rules	1/27/2021	6:30-8:30 pm	W	Bocce Courts	Craig Korkoian
G1	America the Beautiful	1/28/2021	10:00-12:00 pm	TH	Lakeview	Joe & Sue Evans
H23-3	Tennis: Beginner and intermediate clinic	1/29/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-3	Canasta: Beginners Series	1/29/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
S11	Residential Security	1/29/2021	10:30-12:00 pm	F	Dining	Heather Turco
M10-1	The Science of Thinking - Part 1	1/29/2021	1:00-3:00 pm	F	Dining	Bill Furtwengler
A2-1	Card Shop	1/30/2021	9:00-12:00 pm	S	Lakeview	Terri Socol, Patti Kraska, Dianne Haist

WEEK 5 JANUARY 31-FEBRUARY 6

S8	Matterhorn Fit - Reaching the Summit	2/1/2021	1:00-3:00 pm	M	Lakeview	Ryan Vesce
F1	Considering Florida Residency?	2/2/2021	1:00-3:00 pm	T	Lakeview	Dustin Rinaldi
M3-3	Canasta: Intermediate Review	2/2/2021	3:00-5:00 pm	T	Multipurpose	Bobbie Allen
H14-3	Learn How to Bike 15 Miles in 6 Weeks	2/3/2021	9:00 AM	W	Tennis Parking Lot	Terri Socol
M1	Bridge: Limit Raises and Jacoby No Trump	2/4/2021	9:00-11:00 am	TH	Lakeview	Dean Oestreich
H18-2	Pickleball: Orientation	2/4/2021	9:00-10:30 am	TH	Commons Club	Joe McCreery
G2	Canada & the United States	2/4/2021	1:00-3:00 pm	TH	Lakeview	Paula Lockhart
H23-4	Tennis: Beginner and intermediate clinic	2/5/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-4	Canasta: Beginners Series	2/5/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
T4	iPhone Camera & Photos	2/5/2021	10:00-12:00 pm	F	Dining	Nancy Taylor
M10-2	The Science of Thinking - Part 2	2/5/2021	1:00-3:00 pm	F	Dining	Bill Furtwengler
S2	Dog Training 101	2/6/2021	9:00-11:00 am	S	Grassy Area Outdoors	Joe De Simone

WEEK 6 FEBRUARY 7-13

Code	Name of Activity	Date	Time	Day	Room-	Facilitator(s)
H25-2	Wine & Line Dancing	2/7/2021	4:00-6:00 pm	SU	Dining	Patty Fitzgerald, Kim Corso
M7-1	Mah Jongg: Beginners Series	2/8/2021	10:00-12:00 pm	M	Dining	Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall
C1	Balancing Flavor	2/9/2021	11:00-1:00 pm	T	Dining	Michel Urbano
M5-2	Gentlemen's Book Club	2/9/2021	1:00-3:00 pm	T	Greens	Bill Krein
M4	Canasta: Strategy for Intermediate to Advanced Players	2/9/2021	3:00-5:00 pm	T	Multipurpose	Bobbie Allen
A4-3	Decorative Arts Project	2/10/2021	9:00-12:00 pm	W	Greens	Stonie Frame, Suzanne Mikulka
H14-4	Learn How to Bike 15 Miles in 6 Weeks	2/10/2021	9:00 AM	W	Tennis Parking Lot	Terri Socol
S7	Inside the Judiciary	2/10/2021	1:00-3:00 pm	W	Dining	Justice Terrence O'Donnell
H6	Bocce Ball: Intermediate Clinic	2/10/2021	7:00-8:30 pm	W	Bocce Courts	Gary Orten
S3	Florida Gulf Coast University - The Founder's Story	2/11/2021	10:00-1:00 pm	TH	FGCU	Dr. Roy McTarnaghan
H23-5	Tennis: Beginner and intermediate clinic	2/12/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-5	Canasta: Beginners Series	2/12/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
H15	Makeup Breakdown	2/12/2021	10:00-12:00 pm	F	Dining	Peggy Schick
M6-2	Let's Do Books	2/12/2021	1:00-3:00 pm	F	Greens	Marianne Kure
H9	Bunker Busters	2/12/2021	3:00-4:00 pm	F	Golf Shop	Jeff Carter
M10-3	The Science of Thinking - Part 3	2/12/2021	1:00-3:00 pm	F	Dining	Bill Furtwengler
S15	Town Hall with the Pro	2/13/2021	10:00-12:00 pm	S	Lakeview	Scott Kash

WEEK 7 FEBRUARY 14-20

M7-2	Mah Jongg: Beginners Series	2/15/2021	10:00-12:00 pm	M	Dining	Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall
T5	iPhone Settings for Customizing Your Experience	2/15/2021	1:00-3:00 pm	M	Lakeview	George Taylor
H14-5	Learn How to Bike 15 Miles in 6 Weeks	2/17/2021	9:00 AM	W	Tennis Parking Lot	Terri Socol
H17	Nutrition and our Immune System	2/17/2021	1:00-3:00 pm	W	Dining	Carrie Bloemers
A6-2	Sing Along with Bob and Kathy	2/17/2021	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Cicarelli
H18-3	Pickleball: Orientation	2/18/2021	9:00-10:30 am	TH	Commons Club	Joe McCreery
F2	Estate Planning and Beneficiary War Stories	2/18/2021	10:00-12:00 pm	TH	Lakeview	Dennis Landfried, Joe Cleveland, Billie Porter
H3	Athletic Motion and the Golf Swing	2/18/2021	1:00-2:30 pm	TH	Lakeview	Patty Driapsa
H23-6	Tennis: Beginner and intermediate clinic	2/19/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-6	Canasta: Beginners Series	2/19/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
G5	General George Patton "Old Blood and Guts"	2/19/2021	10:00-12:00 pm	F	Dining	Steve Vesce
M10-4	The Science of Thinking - Part 4	2/19/2021	1:00-3:00 pm	F	Dining	Bill Furtwengler
A1	Acrylic Tile Mosaic Art Project	2/20/2021	10:00-12:30 pm	S	Lakeview	Beverly Wojie

WEEK 8 FEBRUARY 21-27

Code	Name of Activity	Date	Time	Day	Room-	Facilitator(s)
M7-3	Mah Jongg: Beginners Series	2/22/2021	10:00-12:00 pm	M	Dining	Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall
T6	Libby - Library eBooks	2/22/2021	1:00-3:00 pm	M	Lakeview	Mary Lou Smith
H1	12 Ways to Better Posture	2/23/2021	2:00-3:00 pm	T	Lakeview	Dr. Vivian Ebert
H14-6	Learn How to Bike 15 Miles in 6 Weeks	2/24/2021	9:00 AM	W	Tennis Parking Lot	Terri Socol
C4	Just Desserts	2/24/2021	11:00-1:00 pm	W	Dining	Kristopher Jubinville
H23-7	Tennis: Beginner and intermediate clinic	2/26/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-7	Canasta: Beginners Series	2/26/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
S4	Frauds, Scams, and Identity Theft	2/26/2021	1:00-2:30 pm	F	Dining	Heather Turco
A2-2	Card Shop	2/27/2021	9:00-12:00 pm	S	Lakeview	Terri Socol, Patti Kraska, Dianne Haist

S P R I N G S E M E S T E R**WEEK 9 FEBRUARY 28-MARCH 6**

H22	Sugar Cravings: Are we not sweet enough?	3/1/2021	1:00-2:30 pm	M	Lakeview	Erika Graziani
A4-4	Decorative Arts Project	3/3/2021	9:00-12:00 pm	W	Greens	Stonie Frame, Suzanne Mikulka
A6-3	Sing Along with Bob and Kathy	3/3/2021	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Cicarelli
H18-4	Pickleball: Orientation	3/4/2021	9:00-10:30 pm	TH	Commons Club	Joe McCreery
C7	Wine & Dine	3/4/2021	11:00-1:00 pm	TH	Lakeview	Michel Urbano
H23-8	Tennis: Beginner and intermediate clinic	3/5/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M2-8	Canasta: Beginners Series	3/5/2021	9:30-11:30 am	F	Lakeview	Bobbie Allen
T7	Photobooks	3/5/2021	10:00-12:00 am	F	Dining	Nancy Taylor

WEEK 10 MARCH 7-13

M7-4	Mah Jongg: Beginners Series	3/8/2021	10:00-12:00 pm	M	Dining	Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall
S12	See the Wildlife of Southwest Florida	3/8/2021	1:00-3:00 pm	M	Lakeview	Terri Socol
C6	A taste of China	3/9/2021	11:00-1:00 pm	T	Dining	Kristopher Jubinville
M5-3	Gentlemen's Book Club	3/9/2021	1:00-3:00 pm	T	Greens	Bill Krein
F4	The Great Probate Debate	3/11/2021	10:00-12:00 pm	TH	Lakeview	Dennis Landfried, Joe Cleveland, Billie Porter
H23-9	Tennis: Beginner and intermediate clinic	3/12/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M6-3	Let's Do Books	3/12/2021	1:00-3:00 pm	F	Multipurpose	Marianne Kure
H10	A Chip off the Old Block	3/12/2021	3:00-4:00pm	F	Golf Shop	Jeff Carter
A5	Johannes Vermeer: The man and his art	3/13/2021	10:00-12:00 pm	S	Lakeview	Dean Oestreich

WEEK 11 MARCH 14-20

Code	Name of Activity	Date	Time	Day	Room-	Facilitator(s)
M7-5	Mah Jongg: Beginners Series	3/15/2021	10:00-12:00 pm	M	Dining	Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall
H13	Guided Meditation	3/15/2021	1:00-2:00 pm	M	Lakeview	Nicole Traum
H16	Natural Solutions to Back Pain	3/16/2021	2:00-3:00 pm	T	Lakeview	Dr. Vivian Ebert
H18-5	Pickleball: Orientation	3/18/2021	9:00-10:30 am	TH	Commons Club	Joe McCreery
H23-10	Tennis: Beginner and intermediate clinic	3/19/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
M8	Mah Jongg: Defense	3/19/2021	9:00-11:00 am	F	Lakeview	Gloria Rosen
G4	Dwight D. Eisenhower "Little Ike"	3/19/2021	10:00-12:00 pm	F	Dining	Steve Vesce
S10	PBS & NPR at FGCU	3/19/2021	1:00-3:00 pm	F	FGCU	Anne Stavely

WEEK 12 MARCH 21-27

M7-6	Mah Jongg: Beginners Series	3/22/2021	10:00-12:00 pm	M	Dining	Ann Sullivan, Donna MacDonald, Doris Rittenmeyer, Susan Crandall
G3-1	China - Pulling Back the Curtain - Part 1	3/22/2021	1:00-3:00 pm	M	Lakeview	Mike Quinlan
T2	iPhone Apps	3/24/2021	10:00-12:00 pm	W	Greens	George Taylor
S14-1	Spring Run's Environmental Excellence	3/25/2021	7:00-8:30 am	TH	Golf Course	Ben Hanshew
H19	R.E.A.D.Y. for Women	3/26/2021	10:00-12:00 pm	F	Lakeview	Heather Turco
H23-11	Tennis: Beginner and intermediate clinic	3/26/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
G6	The Question of Palestine - Past, Present and Future	3/26/2021	1:00-3:00 pm	F	Dining	Dominique Najjar
A2-3	Card Shop	3/27/2021	9:00-12:00 pm	S	Lakeview	Terri Socol, Patti Kraska, Dianne Haist

WEEK 13 MARCH 28- APRIL 3

G3-2	China - Pulling Back the Curtain - Part 2	3/29/2021	1:00-3:00 pm	M	Lakeview	Mike Quinlan
C3	Grazing Boards: Corona Protocol	3/29/2021	5:30-7:30 pm	M	FineMark Bank	Lauren Simon
S1	Birds of Spring Run	3/30/2021	3:00-5:00 pm	T	Lakeview	Ted Hoffman, George Taylor
A4-5	Decorative Arts Project	3/31/2021	9:00-12:00 pm	W	Greens	Stonie Frame, Suzanne Mikulka
A6-4	Sing Along with Bob and Kathy	3/31/2021	3:30-4:30 pm	W	Lakeview	Kathy Bartl, Bob Cicarelli
S14-2	Spring Run's Environmental Excellence	4/1/2021	7:00-8:30 am	TH	Golf Course	Ben Hanshew
F3	The In-Laws and the Outlaws: Irrevocable Trusts, Discretion and Beneficiary Rights	4/1/2021	10:00-12:00 pm	TH	Lakeview	Dennis Landfried, Joe Cleveland, Billie Porter
H23-12	Tennis: Beginner and intermediate clinic	2/26/2021	8:30-10:00am	F	Tennis Court	JF, JE, MG, GM
S9	Packing Smart for the Best Start	4/2/2021	10:00-12:00 pm	F	Lakeview	Nancy Taylor
S13	Spring Run: A Closer Look	4/2/2021	1:00-3:00 pm	F	Dining	Jim Rock, Mike Zigler

WEEK 14 APRIL 4-10

Code	Name of Activity	Date	Time	Day	Room-	Facilitator(s)
M6-4	Let's Do Books	4/9/2021	1:00-3:00 pm	F	Greens	Marianne Kure

WEEK 15 APRIL 11-17

M5-5	Gentlemen's Book Club	4/13/2021	1:00-3:00 pm	T	Greens	Bill Krein
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WEEK 16 APRIL 18-24

A2-4	Card Shop	4/24/2021	9:00-12:00 pm	S	Greens	Terri Socol, Patti Kraska, Dianne Haist
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THANK YOU



Dear iLife Volunteers,

Every time I open up the iLife brochure, I am reminded of just how generous our membership is. Thanks to your thoughtful contributions year after year, iLife is a premier program that sets Spring Run apart from other communities. Each season the iLife brochure looks more and more like a college course catalog! We have some new challenges to confront this year, but if past is prologue, then I'm confident that we will meet these challenges head on.

Thank you to Mark Oroyan and Luke Richmond for planning and executing all the iLife activities. I would also like to give a special thanks to Terri Socol for her passion and guidance as the iLife Champion. Thanks to the iLife Ambassadors and Advocates who are out in the community fostering good will, mining new activities, and recruiting new presenters. I would also like to thank the iLife Advisory Committee for their sound council each season. Finally, I would like to thank our exceptionally talented presenters for their quality work and devotion to continuing education.

Without all of our member volunteers, we wouldn't have an iLife program. Thank you all for your extraordinary contributions.

Mike Zigler, General Manager

2020 - 2021 iLIFE VOLUNTEERS

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Carol Heffernan
Craig Korkoian
Mark Michel
Mike Quinlan
Patrice Sabo
Terri Socol
Mary Tousignant
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Susan Crandall
Terry Crandall

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JoAnne Groulx
Tom Groulx
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Doris Rittenmeyer
Jim Rock
Gloria Rosen
Peggy Schick
Mary Lou Smith
Terri Socol

Ann Sullivan
George Taylor
Nancy Taylor
Michel Urbano
Beverly Wojie
Mike Zigler

GUEST PRESENTERS

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Carrie Bloemers
Jay Chang
Joe Cleveland
Joe De Simone
Vivian Ebert
Colin Feng
Karl Gilliam
Erika Graziani
Dennis Landfried
Susan Lindenmuth
Suzanne Mikulka
Dominique Najjar
Billie Porter
Dustin Rinaldi
Lauren Simon
Anne Stavelly
Nicole Traum
Heather Turco

Ryan Vesce
Steve Vesce

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